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U. S. D

HOUSEKEEPERS' CHAT Friday, May 22, 1936

(FOR BROADCAST USE ONLY)

Subject: "VEGETABLES ON THE SPRING MARKET." Information from the Bureau of Agricultural Economics and the Bureau of Home Economics, United States Department of Agriculture.

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Before you do your food-shopping for the week-end, maybe you would like to hear news of the spring vegetable market. So suppose I give you a report from the Department of Agriculture of what foods are on the market at this season and where they come from.

Quoting this report: "Despite hard rains and cold weather in many places, the early-producing States are shipping more vegetables so far this season than last. New potatoes are coming northward from Florida, Texas, Alabama, Louisiana, and California at the rate of about a thousand carloads a week, which is more than last year at this time. New cabbage is rolling in, too -- and new onions, spinach and green peas. All these vegetables are moving to market in quantities greater than last spring. But snap beans and limas are coming more slowly because of weather conditions in the Florida Everglades.

"More carloads of spinach have been shipped already than during the whole of last season. These have come chiefly from Texas and the Norfolk section of Virginia. The asparagus season is not yet over, although California shipments have fallen off. The Carolinas are shipping, and the asparagus-beds of Virginia, Maryland, and New Jersey are supplying truck shipments to nearby markets. In fact, much of the eastern coast, as far north as New York, is already enjoying home-grown asparagus.

The markets now have both old and new potatoes, though not so many as usual because of the extremely cold past winter in some of the potato states, particularly in Michigan, where hundreds of cars of potatoes spoiled in storage from rot and frost damage. This loss sent the price of old potatoes up this spring -- nearly 100 percent in 6 weeks -- and even affected the price of the new crop coming on the market. But the price of potatoes is expected to go down as the season advances.

"As you know, 'new' potatoes are the first crop of the season and usually are dug and marketed before they mature -- while the skins are thin and feathery and easy to scrape off, and while the flesh is waxy. The very new small potatoes, sometimes called marbles, which are such a treat served with new peas, more often come from the home garden than from the market. The housekeeper is the best customer for new potatoes. Hotels buy more of the old ones.

"New cabbage is also early and different from the crop grown later for winter use. New cabbage has dark green curling leaves clustering loosely in a head which is often pointed and is green all through. (That green color means

more vitamin A, and more calcium and iron than the hard white winter cabbage-head contains.) This new cabbage is definitely a spring and early summer vegetable; it won't store for very long periods.

"As for the early onion crop, it is mostly Bermudas and Creoles, which come chiefly from Texas, California, and Louisiana. So far this spring the shipments have come almost entirely from Texas, but California onions from the Coachella Valley should be on the market before long. Like the early cabbages and potatoes, Bermuda onions do not store well, and spring and early summer are their season. Other onion varieties come along later to store for fall and winter.

"Most of the snap beans and limas so far on the market this spring are from Florida. Peas are coming from California and Mississippi, though Florida has shipped heavily.

"Spinach is coming from the Norfolk region of Virginia, and from Texas. Shipments are also starting from the truck gardens of Arkansas and Oklahoma. Nearly 7000 carloads of spinach have been shipped this year so far as compared with less than 5000 at this same time last spring. So in spite of all the jokes about spinach-eaters, the figures show that many people eat spinach and like it.

"Our domestic-grown tomatoes so far come chiefly from the east coast of Florida, and amount to but little more than half the quantity sent to market by this time last year. The heavy shipments of tomatoes this year have come in from Cuba and Mexico. But the planted acreage of tomatoes here in the States promises a record crop before the season is over.

"Added to this array of vegetables, the market is offering young beets from Texas, young carrots from Arizona and California and Texas, greens of all kinds from California, Georgia, Louisiana and Virginia, with lettuce and romaine as usual. And this is only the beginning of the vegetable season! The truck gardens just north of the early States will soon be sending their crops to supply the markets until the gardens up North come along."

There is the report on the spring vegetable market. Now I have a postscript here from the nutritionists about using this variety of spring vegetables to best advantage. The nutritionists suggest that some of these vegetables are starchy and some are not; that some have mineral values and some are rich in vitamins; and, finally, that a good diet for springtime combines all these different vegetable values instead of using too much of one kind. Say the nutritionists:

"The starchiest vegetables of all are potatoes -- white potatoes and sweetpotatoes -- corn, and dried peas and beans. The least starchy vegetables are greens, asparagus, broccoli, cabbage, eggplant and tomatoes. Next to these stand green beans and peas, beets, carrots, onions, okra, and turnips.

"Some vegetables are most valuable for their minerals. In iron and calcium the <u>greens</u> rank highest, and the greener the greens, the better they are as a source of these two minerals. As for vitamins, again color helps indicate value. The green and yellow vegetables are the ones that furnish vitamin A. Tomatoes are richest in vitamin C. And nearly all vegetables contain vitamin B, but you will get much more of this perishable vitamin if you eat your vegetables raw, or very quickly cooked."

That finishes the spring vegetable news for today. Hearing all this about the variety of vegetables on the market and the many different food-values they supply -- but there. I'll let you draw your own conclusions.